

CÖBRAM ESTATE

HOW TO SELECT A GOOD QUALITY EXTRA VIRGIN OLIVE OIL

Not all Extra Virgin Olive Oil (EVOO) is of high quality. The higher the quality and the fresher the product, the healthier the oil is.

To ensure you are buying authentic EVOO that is of a high quality, choose an oil that is:

LABELED “EXTRA VIRGIN OLIVE OIL”

- o Anything else will be a lower grade or refined oil and therefore lacking the natural antioxidants and bioactive plant compounds in EVOO.

LOCALLY GROWN

- o Locally grown US EVOO is likely to be fresher than imported, as the oils don't have to be transported from other countries and can be freshly packed for grocery stores.



CERTIFIED

- o Look for trusted seals of Certification such as the Olive Oil Commission of California (OOCC) or California Olive Oil Council (COOC).
- o Ensures the oil has been formally tested and is following strict standards to guarantee quality and authenticity of the EVOO.

LISTS A BEST BEFORE DATE AND HARVEST DATE

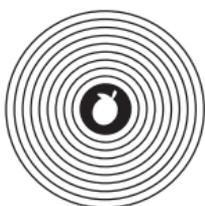
- o Guarantees freshness. Harvest in the Northern Hemisphere runs from October until December. Look for oils that are not more than 12 months old.

IN A DARK BOTTLE

- o To preserve the natural antioxidants and guarantee freshness.

DID YOU KNOW?

In the USA, the Olive Oil Commission of California (OOCC) certifies all EVOO produced in the State. In order to achieve OOCC certification an oil must comply with traceability requirements and both chemical and sensory evaluations. Using stricter standards than international requirements, only the best California olive oils qualify for OOCC certification.



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